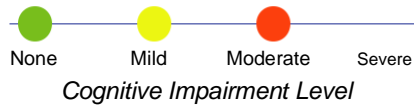


Art Activity

# Colorful Group Mandala



## Summary:

Residents initially work individually on quarter circle pieces of what becomes a colorful group mandala when pieced together.

## Objectives:

- Promote self-expression
- Increase sense of group cohesion and belonging
- Facilitate creative expression



## Supplies:

- Markers and oil pastels
- Template of circle quarter on sturdy drawing paper for each resident; you may use a large circle (e.g., mixing bowl) to generate circle form, then divide into quarters. See template on page 8.
- Scissors
- Large Bristol/poster board or foam board to attach group pieces to (board needs to be bigger than the sum of the pie pieces)

## Room Set Up:

- Position residents at tables to work.
- Play soft, instrumental music:

**iN2L**™ *Music, TV & Film > Jukebox*



# Facilitating the Activity

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## Procedure

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1. Personally welcome residents to the group by saying each person's name and shaking each person's hand.

**Say:**

*"Welcome! Today we are going to create an amazing group art project. We will each have the opportunity to create our own individual piece of art that will eventually be combined to form a group project. This project will help remind us how important each one of us is, and that when one person isn't in our group, it's as if a critical piece is missing. Think of completing a puzzle but missing a few pieces! Does anyone know what the word 'mandala' means?"*

2. Write this word on the flipchart/white board and invite responses. When you have received multiple guesses, show one of the pictures and have the residents guess some more. When all the answers are exhausted explain:

**Say:**

*"Mandala' is the ancient (Sanskrit) word for 'circle,' and it is a form of art stemming from the Buddhist and Hindu traditions. Mandalas are special circles that have unique meanings to each artist. Mandalas can use different colors, but they all have something in common: RADIAL SYMMETRY: the art begins with a central point and all other lines/ colors/symbols radiate out from that central place. Mandalas are often used as a spiritual teaching tool to help strengthen meditation and increase focus. Mandalas can be found everywhere—in architecture and in nature."*

3. Show images of mandalas on pages 5-7.

**Ask:**

*"What do you think about these images? Are you surprised at how many mandalas exist in nature? Are we ready to create our own colorful group mandala?"*

**Say:**

*"We will begin by getting our own piece of the mandala—it kind of looks like a quarter of a circle doesn't it?"*

4. Pass out individual pieces to each resident.

**Say**

*"Next I'm going to give each one of you some markers and oil pastels to use to decorate your piece."*

5. Pass out supplies.



6. Instruct each resident to fill the entire quarter piece with colorful patterns.
7. Once individual pieces are complete, invite residents to place their pieces together on the poster board, forming a large mandala (you may need to assist). Encourage residents to exercise power/choice in deciding where their individual piece will be placed. Assist residents in adhering their pieces to the board.

### **Say**

*“Thank you for participating in our art activity today! How do you feel about the result? What was it like to work individually, and then see your piece added to the whole? Do you prefer working independently or in a group? Why or why not? Did you encounter any challenges? If so, how did you resolve them? Would you like to do this activity again?”*

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## **Adaptations/Modifications**

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Cognitive Impairment: None to Mild

- Encourage creation of ornate patterns
- For residents with fine motor issues, substitute chalk pastels/oil pastels for color generation



Cognitive Impairment: Moderate to Severe

- Limit selection of markers or pastel colors to 3 or 4
- Make pie pieces smaller
- Encourage simpler designs to fill piece



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## Examples of Mandalas in Nature

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